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## A plea for the truth

The parents of a stabbing victim still hold out hope that witnesses will share their stories two years after the murder **PAGE 5**

# MOOSE PROVING TO BE CROWD PLEASERS

THE HERD IS ON PACE TO SET AN ATTENDANCE RECORD THANKS TO THE TEAM'S SUPPORTERS **PAGE 17**

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Tuesday, January 8, 2013

 News worth sharing.



# Brewing a new way to order

**New if by sea.** Local café using iPads instead of cash registers

A popular Dartmouth café now has a special type of apple on its menu.

On Monday morning, patrons of Two If By Sea Cafe on Ochterloney Street had their coffee orders filled on an iPad for the first time ever.

"It was just convenient, easy and looks sharp," said Zane Kelsall, co-founder of the café.

Kelsall said he knew the café needed to replace the older cash registers at some point so he could use tools like spreadsheets, and not just see a final transaction.

"It was more of a glorified calculator," Kelsall said.

When Kelsall's friend in Montreal developed a new software for café owners called CMS, he took the chance to beta-test the program here in HRM. He's also the first to test the program east of Montreal.

One iPad acts as a cash register and the other is mounted above the espresso machine so workers can punch in a coffee order on the till and send it wirelessly to the barista.

"Before, we always did handwritten chits," Kelsall said. "And you can just lose

(those)."

Kelsall added many customers on Monday knew something was different but couldn't put their finger on it.

"Things like 'There's a lot more space,' and 'did you make the bar longer?'" Kelsall said with a smile.

He can also use an iPad with the new software during rush times to take orders from a line of people, so everything is bagged and ready by the time they reach the till.

Kelsall looked into buying a touch-screen computer register, but the whole system (which wasn't wireless) ran \$12,000 while both iPads and software added up to a \$1,000 investment.

"I'm excited about it," he said.

An iPad fan for the past few years, Kelsall said he's already recommended the devices to a few people.

"I think there's a young-enough business and restaurant-industry crowd here that you could see some of those things being adopted," he said. **HALEY RYAN/METRO**

### Quoted

**"The software is just so smart; it's making our lives so much easier."**

Zane Kelsall, Two If By Sea co-owner



Dartmouth's Two If By Sea Cafe's Harley David Shea, right, types an order on a new iPad point-of-sale system as co-owner Zane Kelsall, left, steams some milk. **JEFF HARPER/METRO**



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## Dartmouth. Shooting sends man to hospital with serious injuries

A 24-year-old man was in hospital Monday night with what police described as life-threatening injuries after a late-afternoon shooting in Dartmouth.

Police were called to the area of Primrose Street and Pinecrest Drive after a fight broke out among a group of males in the backyard of a home at about 5:20 p.m.

The victim was shot several times, police said, and ran to an address on nearby Jackson Road, where officers located him.

"It was multiple," Halifax Regional Police Staff Sgt. Reid McCoombs said as to how many shots were fired. "We'll have a better idea when forensics investigators are done over there."

The victim was rushed to hospital by paramedics and McCoombs said on Monday night he was awaiting word on an update to his condition.

McCoombs also said police were getting different reports as to how many people were involved in the altercation in the backyard.

PHILIP CROUCHER/METRO

# E. coli outbreak doesn't bode well, expert warns

## Health and safety.

Food scientist says governments are not doing enough to protect their citizens from infection

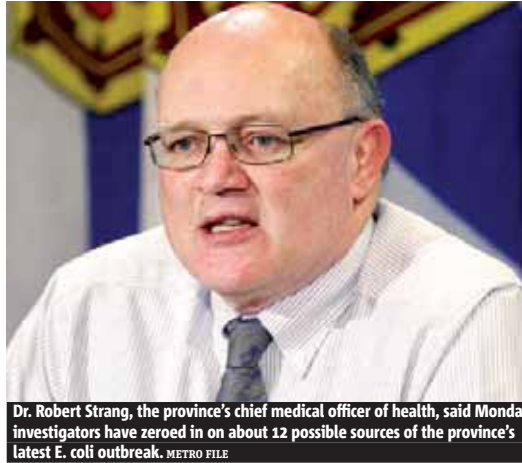


ANDREW RANKIN  
andrew.rankin@metronews.ca

Nova Scotia's latest E. coli outbreak, with three more confirmed cases announced Monday, "is a sign of things to come," says a food-contamination expert.

"We have not adequately addressed the issues of why there's contamination in this country and in most countries," said Rick Holley, a food scientist at the University of Manitoba. "It's a source of significant frustration to me."

The province's chief medical officer of health, Dr. Robert Strang, said on Monday that contaminated produce from a restaurant somewhere in Nova Scotia or New Brunswick is believed to be behind 10 E. coli 0157 cases in Nova Scotia, along with six more cases in New Brunswick.



Dr. Robert Strang, the province's chief medical officer of health, said Monday investigators have zeroed in on about 12 possible sources of the province's latest E. coli outbreak. METRO FILE

Two of the latest diagnosed are from HRM, bringing the total number of cases in the area to five.

Strang said officials have narrowed the investigation down to about a dozen possible sources, and specimens have been sent to a national lab in Winnipeg for further analysis.

He added that so far residents shouldn't be alarmed, but he also wouldn't specify at what point they should be.

"I'm not going to say 50

or 100 cases. At this point there's not a significant risk to the public," Strang said.

Holley said there is currently no efficient process to identify the source of E. coli outbreaks. He said most recent, serious international outbreaks had been nearly over before a source was discovered.

Livestock, such as cows and sheep, can carry E. coli but are not harmed by the bacteria.

Using fertilizer made of animal manure, which car-

## Quoted

"The time is right to consider what is important and what isn't with respect to food safety. There's a real crying need to clean the system."

University of Manitoba  
food scientist Rick Holley

ries the bacteria, is one way of contaminating fruits and vegetables.

"Once you get them on the produce, you can't get them off, because the steps you need to kill the organism likely destroys the characteristics of the food that make it palatable," said Holley.

He said countries like Denmark and Sweden have been able to limit E. coli outbreaks by taking measures that include properly separating infected and non-infected livestock and maintaining much cleaner, hygienic living standards for animals.

"We need to do something better than we currently are," Holley said. "We're not doing things right here."

# Man charged in death jailed for contempt

One of three young men charged in the shooting death of a Spryfield senior is going to prison over his steadfast refusal to "be a rat."

Jerricho Upshaw, 19, was arrested after Glenn Oakley was shot while out for an evening walk on Nov. 19, 2011.

He and a 17-year-old were initially charged with first-degree murder and robbery.

The young offender was convicted of manslaughter in October. During the trial, Upshaw was subpoenaed to testify as an eyewitness but refused to answer any questions on the stand.

He was cited for con-

## Murder trial

- Jerricho Upshaw will be tried for second-degree murder in April.

tempt of court and found in contempt in November.

In a sentencing decision

released Monday, Judge Anne Derrick noted that though Upshaw refused to provide an explanation for his silence, a pre-sentence report noted "the offender stated he takes responsibility for his actions and regrets his charge but stated he is not a 'rat.'"

Derrick sentenced Up-

shaw to two years in prison, calling the refusal to testify a "serious offence."

"What can be prosecuted and what evidence can be considered by the court will be dictated by a code of the street that prohibits engagement with the authorities," Derrick wrote.

RUTH DAVENPORT/METRO



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# Plus more.



Torina Simon and her husband, Noel, talk about the unsolved murder of their daughter Keya, who was killed in Dartmouth in January 2011. JEFF HARPER/METRO

## ‘Somebody has to come forward’

**Unsolved murder.** Two years after stabbing of young mother, victim's parents say reticent witnesses are letting killer walk free



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

The parents of a young woman killed in Dartmouth two years ago say they believe the killer will be brought to justice — but not until someone defies the code of silence and talks to police investigators.

Keya Simon, 19, died after a fight during a party at the Pinecrest Drive home of her sister, Tiesha Allison, late on Jan. 8, 2011.

Torina and Noel Simon have grieved every day since for the musically talented

daughter who loved chicken but not rice, eggs but not the yolk, and fries but never potatoes.

“It’s like someone went in and took your heart, and they’re holding it and squeezing it,” said Torina on Monday. “That’s the pain you feel.”

The Simons say they believe Allison and several other people who were at the party know who is responsible for the death but won’t tell police, possibly for fear of being labelled a “rat.”

Noel said that’s the only thing holding up the investigation.

“You can’t accuse somebody,” he said. “You can assume, but if there’s no proof, nothing to do. Somebody has to come forward.”

Allison was also stabbed in the fight, and the Simons believe Keya died trying to protect her older sister.

“You tell your children, ‘You see anybody in trouble,



**Noel Simon and his daughter Keya, who was two years old in this photo.**  
CONTRIBUTED

you try to help them out. I regret telling her that,” said Torina, who hasn’t spoken to Allison for two years. “The only thing Keya did wrong was trusting Tiesha.”

The Simons said they’d both “be in jail” if it wasn’t for the fact they’re looking after Keya’s two-year-old son, Key’vontay.

“It bothers me every day, but when I look at him ... he’s

### Quoted

**“That was the last thing she said: ‘I’ll be home tomorrow on the bus.’ I’m still waiting for that bus.”**

Torina Simon, mother of murder victim Keya

a comedian, he makes you laugh,” said Torina, watching the bouncing toddler show off his toys with the panache of a natural-born entertainer.

The couple said they understand the constraints on police investigators but are frustrated by two years of no progress.

Torina said she visits her daughter’s grave regularly and won’t stop telling Keya’s story, in hopes a killer will finally be brought to justice.

“I’m waiting for my victim-impact statement,” she said. “That’s what I want.”

### Looking for answers

#### Investigation stalled by lack of co-operation

Major-crime investigators in Halifax are urging anyone with information about Keya Simon’s death to come

forward.

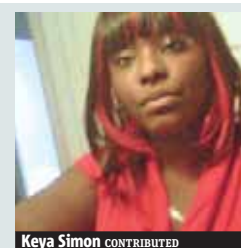
Halifax Regional Police spokesperson Const. Pierre Bourdages said Monday there’s nothing new to report in the two-year-old investigation, adding it’s up to eyewitnesses to speak up.

“We do believe there are people who know exactly what happened that night

and who is responsible, and they are not co-operating,” said Bourdages. “So we are urging the public and those that know what happened that night to contact us or leave their information with Crime Stoppers.”

Simon’s homicide was one of a record 18 in 2011.

RUTH DAVENPORT/METRO



**Keya Simon** CONTRIBUTED





## 60 drivers in HRM charged with DUI in December 2012

Police in Halifax say 60 drivers were charged with impaired driving last month.

The 52 men and eight women ranged in age from 17 to 65 and had blood-alcohol levels ranging from 0.09 to 0.24.

Although the number of people charged is lower than in December 2011, a Halifax Regional Police spokesperson said it's still too high.

"One is too many," said Const. Pierre Bourdages of Halifax Regional Police. "In this day and age, with all the other options available ... unfortunately, people are still

### By the numbers

# 677

The number of people Halifax police charged with impaired driving in 2012.

choosing to drink and drive, and they're now facing the consequences."

Half the drivers facing charges were pulled over by regular patrol officers. Fourteen were arrested after a collision, and 16 were reported by concerned citizens.

RUTH DAVENPORT/METRO

### Crime

## Gun scare at McDonald's leads to theft charges

Three teenagers are facing theft charges after police say they found the trio with a toy gun at a local McDonald's early Monday morning.

Police responded to a call from someone who had heard the youths talking about having a gun just before 4 a.m. while in the

restaurant's parking lot on Quinpool Road.

Officers say after investigating and locating the toy gun, they also recovered several stolen items and tools from the youths, which they say were traced back to a vehicle broken into in Bloomingdale Terrace.

Two 17-year-olds and a 16-year-old are facing charges of theft, possession of stolen goods, possession of break-in tools and numerous breaches of court orders. **METRO**

## Denny case. Preliminary inquiry sees day added

An additional day has been set aside for a preliminary inquiry in the case of a 33-year-old man accused of fatally beating a prominent activist in Halifax's gay community.

Defence lawyer Don Murray says the four-day inquiry in the second-degree murder case of Andre Noel Denny is set to begin Feb. 19.

Murray says more than 20 witnesses — all civilians and police officers — are expected to be called. He says the Crown also withdrew a breach of probation charge Monday at a focus hearing in Halifax provincial court.

Denny was charged after 49-year-old Raymond Taavel



Andre Denny  
METRO FILE

was found dead outside a downtown bar after he tried to break up a fight between two men in April.

THE CANADIAN PRESS

### Gray Arena

## Lights out until Wednesday

A Dartmouth arena is closed to the public until later this week due to a mechanical failure.

HRM announced late Monday that Gray Arena isn't expected to be back up until 3 p.m. Wednesday to fix a mechanical failure. **METRO**

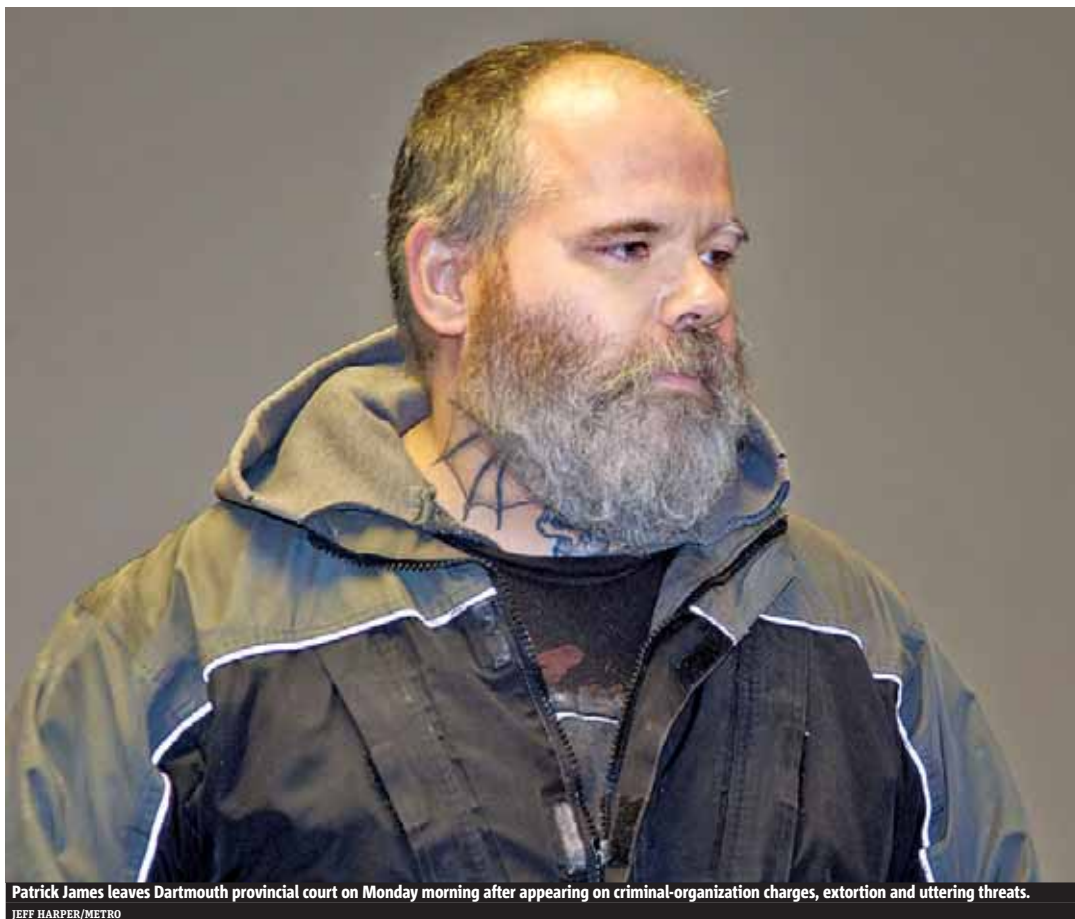
### HMCS Athabaskan

## Temporary fix to damaged hull

The navy says temporary repairs have been made to the damaged hull of a warship in the hopes of resuming its trip to Halifax in the coming days.

HMCS Athabaskan has been moored in Sydney for more than a week.

THE CANADIAN PRESS



Patrick James leaves Dartmouth provincial court on Monday morning after appearing on criminal-organization charges, extortion and uttering threats.

JEFF HARPER/METRO

# Organized-crime case delayed until February

**Court appearance.**  
The accused remain free on bail until next court date



HALEY RYAN  
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The case against three Bacchus motorcycle-gang members has been set over until next month while the defence waits for more information.

Only one of the three accused members of the gang facing the province's first-

ever organized-crime charges appeared in Dartmouth provincial court on Monday.

Patrick James, 45, of Dartmouth, showed up with his lawyer, Patricia Jones, to face eight charges including criminal organization, extortion, uttering threats and harassment.

James sat quietly during his brief appearance, dressed in a grey and black Harley Davidson jacket, with tattoos on his neck and hands.

Duane Howe, 43, of Grand Desert, and David Pearce, 38, of Dartmouth, are also charged on the same information, but neither showed up in court.

### Charged

The three charged will appear together back in court on Feb. 21.

The new criminal-organization charges were laid last Thursday by the RCMP, adding to earlier charges of intimidation and uttering threats laid in September 2012.

"We were proceeding on that new information, and they were all represented with lawyers," Crown attorney Melanie Perry said out-

side of court.

She said they have until their next court appearance to look at the disclosure of evidence and decide what to do.

"Essentially we've put the matter over until we can look at the file," said Patrick MacEwen, the defence attorney for Pearce.

"There's additional information we haven't received yet."

MacEwen said although this is the first time criminal-organization charges have been laid in the province, other prosecutors across Canada have "made a way" for attorneys.

## Nine Mile River man charged with attempted murder granted bail

### Club

Paul Roderick Fowler is a former president of the Bacchus motorcycle club.

A 44-year-old Nine Mile River man charged with a New Year's Eve attempted murder has been granted bail.

Paul Roderick Fowler is also facing a charge of assault, two charges of uttering death threats and one charge each of carrying a weapon — a hammer — for the purpose of committing an offence and careless storage of five rifles.

He's alleged to have attacked Robin McConnell with a hammer on the morning of Dec. 31 at a home in Enfield.

Fowler's bail was granted on a \$10,000 surety. He has a number of conditions to abide by, such as not having any contact with the two victims, staying out of Nine Mile River and not having any contact with a list of motorcycle gangs.

His next court appearance is Feb. 4 in Shubenacadie.

TRURO DAILY NEWS



Paul Fowler  
TRURO DAILY NEWS



# EPA head quits ahead of XL plan

**Rumour has it.** Jackson has voiced concerns over Keystone XL, which President Obama appears set to approve

The head of the U.S. Environmental Protection Agency resigned abruptly last week, reportedly to protest the Obama administration's apparent plans to approve TransCanada's Keystone XL pipeline in the coming months.

The New York Post reported that Lisa Jackson suddenly quit her post because she doesn't want to be at the helm of the agency when the White House rubber-stamps the project.

"She was going to stay on until November or December," a source close to Jackson told the Post. "But this changed it. She will not be the EPA head when Obama supports (Keystone XL) getting built."

The EPA is one of several federal agencies that's been ad-



Lisa Jackson, the former head of the EPA. THE ASSOCIATED PRESS FILE

vising the Obama administration on the \$7-billion pipeline, a project that would carry millions of barrels of crude a week from Alberta's carbon-intensive oil sands to the U.S. Gulf Coast.

The ultimate decision on Keystone XL's fate rests with the State Department.

Jackson was appointed head of the agency soon after Obama's inauguration. Over the past four years, she's pushed through the toughest new air- and water-pollution

rules in more than 20 years and has frequently spoken out on climate change.

Under her watch, the EPA has also raised serious concerns about Keystone XL.

In July 2010, as TransCanada awaited a decision from the White House on the pipeline, the EPA sent a letter to the State Department calling its draft environmental assessment "inadequate."

It chastised analysts for failing to address the greenhouse-gas emissions associated with the project, and urged the State Department to further examine safety and spill-response planning, as well as the impact on Canadian native communities.

Obama rejected the pipeline early last year, but invited TransCanada to file a new application with an altered route that would skirt Nebraska's ecologically sensitive Sand Hills region.

TransCanada did so, and is now awaiting word on approval after getting the all-clear from Nebraska.

THE CANADIAN PRESS

## Aurora. Police testify in hearing of suspected movie-theatre gunman

The families of victims of last year's mass shooting at a Colorado theatre sat through emotional testimony Monday from police officers who tried to save the lives of the wounded.

One sergeant recalled during the hearing for suspected gunman James Holmes that he did not find a pulse for the youngest victim, six-year-old Veronica Moser-Sullivan.

Another said he had to stop one man worried about his young daughter from jumping out of the moving patrol car.

A bearded Holmes didn't appear to show any emotion.

The first extensive details

were emerging about the young man suspected of killing 12 people and wounding at least 58 in one of the worst mass shootings in the U.S. last year. The hearing will determine whether the case will go to trial.

Police officers who arrested Holmes described him as unusually relaxed but fidgety at times.

Any new details to emerge this week—including Holmes's mental state—will come amid the discussion over an array of proposals, including tougher gun laws and better psychiatric care. THE ASSOCIATED PRESS



Family members and victims line up to get into court for a preliminary hearing for Aurora theatre shooting suspect James Holmes at the courthouse in Centennial, Colo., on Monday. ED ANDRIESK/THE ASSOCIATED PRESS

### Twitter

#### Don Cherry on aid to Haiti: 'Are we nuts?'

Don Cherry took to Twitter on Monday to air his objections over the millions in aid money that Canada sends to Haiti.

"You know, I am one of those guys, like most people in Canada, we like to help the countries all over the world. But sometimes it makes you wonder," read a couple of the tweets.

"Maybe it's just me. But Canada gave Haiti 49.5 million dollars last year. Are we nuts?"

Cherry asked why Ottawa would send so much cash to Haiti when the health-care system in Canada is stretched to its limits. "We've got a guy dying in Toronto waiting 3 hours for an ambulance," the controversial star tweeted to his nearly 118,000 followers.

The tweets came five days before the third anniversary of a massive quake in Haiti that killed an estimated 300,000 people and left more than 1.5 million homeless.

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# Media barred from rape-and-murder trial

**India.** Case expected to be sent to special 'fast-track' court to avoid typical delays

An Indian magistrate ruled Monday that the media will not be allowed to attend pre-trial hearings or the trial of the five men accused of raping and killing a young student in the Indian capital, a police official said.

Magistrate Namrita Agarwal upheld the prosecutor's request, according to police spokesman Rajan Bhagat. Hundreds of journalists, lawyers from other cases and curious onlookers had crowded the courtroom where the five were to appear. Outside, more than a dozen TV trucks jammed the streets, and dozens of reporters from around the world were waiting for news.

The defendants later appeared before the magistrate, who scheduled another pre-trial hearing on Thursday that is expected to result in the case being sent to a special "fast-track" court. Since the Dec. 16 attack, New Delhi has set up five such courts to handle sexual-assault cases, which often get bogged down for years. Indian courts are notorious for



People protest in New Delhi on Monday over the recent gang rape of a young woman on a bus. A magistrate has ruled that media will be barred from pre-trial hearings and the trial of the five men accused in the case. TSERING TOPGAL/THE ASSOCIATED PRESS

delays, with millions of cases pending.

The trial is expected to begin in the coming days. Indian rape trials are normally closed to the media.

Authorities have charged the men with murder, rape and other crimes that could bring

the death penalty.

A sixth suspect, who is 17 years old, is expected to be tried in a juvenile court, where the maximum sentence would be three years in a reform facility.

Prosecutor Rajiv Mohan said last week that a DNA test confirmed the blood of the victim

matched stains found on the clothes of all the accused.

On Sunday, two of the defendants offered to become informants against the others, according to reporters present at the hearing.

The companion of the slain student recounted in a

television interview last week how the pair were attacked for two-and-a-half hours on a New Delhi bus before being thrown on the side of the road, where passersby ignored them and police debated jurisdiction issues before helping them.

THE ASSOCIATED PRESS

## U.K. Mom who killed son over Qur'an sentenced

A British judge on Monday sentenced a woman he called a "loving mother" to at least 17 years in prison for beating her son to death after he failed to memorize passages from the Qur'an.

A jury at Cardiff Crown Court in Wales convicted 33-year-old Sara Ege last month of murdering seven-year-old Yaseen and burning his body to destroy the evidence. Judge Wyn Williams said Ege beat Yaseen repeatedly with a stick over several months, causing internal injuries.

He said that, on the day he died in 2010, Yaseen had been kept home from school to memorize verses from the Muslim holy book, and that his failure "was the trigger for the beating" that killed him.

The judge agreed with defence arguments about India-born Ege's state of mind, saying she was "a devoted and loving mother" who suffered from depression and had been a victim of domestic violence.

Still, he said, she subjected her son to "prolonged cruelty."

Ege admitted killing her son in a confession taped by police, but later retracted it and blamed her husband, Yousef. He was tried and acquitted on a charge of failing to prevent his son's death.

THE ASSOCIATED PRESS

# Indonesian women face ban on straddling bikes



An Aceh woman straddles a motorbike on a road in Lhokseumawe in Aceh province, Indonesia, on Monday. RAHMAT YAHYA/THE ASSOCIATED PRESS

Authorities in Indonesia's Aceh province are pressing ahead with a proposed Islamic law that would ban female passengers from straddling motorbikes despite reported opposition from the central government.

On Monday, authorities in northern Aceh distributed a notice to government offices and villages informing residents of the proposed law, which would apply to adolescent girls and women. It says that women are not allowed to straddle motorbikes unless it's an "emergency," and are

not allowed to hold on to the driver.

Suaidi Yahya, mayor of the Aceh city of Lhokseumawe, said a ban was needed because the "curves of a woman's body" are more visible when straddling a motorbike than when sitting sideways with legs dangling.

"Muslim women are not allowed to show their curves. It's against Islamic teachings," he said, declining to give details of what the punishment would be for violators.

Last week, Home Ministry

officials told local media they would try to block the law because it was discriminatory.

Since 2005, many other regions in Indonesia have issued Shariah-inspired bylaws that ban such things as alcohol or tight clothing, alarming rights activists and others who value the country's secular heritage. The government of President Susilo Bambang Yudhoyono, which relies on the support of Muslim political parties, has not spoken out against the laws, nor has he challenged them.

THE ASSOCIATED PRESS

### Independent laws

Aceh introduced a version of Shariah law in 2009 after it gained autonomy from the government in a 2005 peace deal to end a long-running separatist war.

- Aceh laws regulate dress and public morality, require shops to close at prayer time and are enforced by a special unit. Punishments can include public caning.

### United States

## Stem-cell research keeps tax funding

The Supreme Court will not stop the U.S. government's funding of embryonic stem-cell research, despite some researchers' complaints that the work relies on destroyed human embryos.

The high court on Monday refused to hear an

appeal from two scientists.

The U.S. Circuit Court of Appeals for the Washington area threw out their lawsuit this year. Opponents claimed the National Institutes of Health was violating a law that prohibits taxpayer financing for work that harms an embryo.

Researchers hope stem cells will help cure spinal cord injuries and Parkinson's disease. THE ASSOCIATED PRESS

### Human rights

## China to stop sending prisoners to labour camps

China will stop handing down labour-camp sentences this year under a system that allowed police to lock up government critics and other defendants for up to four years without

trial, the country's senior law-enforcement official said Monday.

Details remained unclear, including what would become of existing camps and their current inmates.

China has 310 labour camps holding about 310,000 prisoners and employing 100,000 staff, according to state broadcaster CCTV. THE ASSOCIATED PRESS

### 14,000 comments

## Brad Pitt tells China 'I'm coming' on pseudo-Twitter

Brad Pitt is now on China's version of Twitter, and his mysterious first tweet has drawn thousands of comments.

The actor's verified Sina Weibo account sent the

message Monday: "It is the truth. Yup, I'm coming." That was forwarded more than 31,000 times and netted more than 14,000 comments, many expressing surprise. He gathered more than 100,000 followers.

The IMDb movie site says Pitt was banned from ever entering China because of his 1997 role in *Seven Years in Tibet*.

THE ASSOCIATED PRESS



# Chief makes new demands after scathing report

**Hunger strike.** Audit criticizing spending at Spence's reserve sparks a bid to rescind part of Tories' latest budget

The battle over the plight of Canada's First Nations escalated Monday amid accusations of a cynical public-relations ploy by the Harper government and new demands by a hunger-striking chief.

Chief Theresa Spence, who has been on a liquid diet since Dec. 11, said she now wants elements of the Conservatives' latest omnibus budget bill repealed as soon as MPs return to Ottawa at the end of the month.

Spence had previously been seeking only a meeting between Prime Minister Harper, the Governor General and First Nations leaders to discuss outstanding treaty matters.

"We are asking that the legislation related to (native) lands encoded in Bill C-45 must be rescinded as soon as Parliament resumes," Spence said in



A woman takes children to school on a four-wheel vehicle following their lunch break in Attawapiskat, Ont., in 2011. An audit of millions of dollars in spending at the troubled reserve in northern Ontario reveals an absence of basic accounting by the band council and ongoing indifference by government departments. ADRIAN WYLD/THE CANADIAN PRESS FILE

a release.

The new demand came as Ottawa released a scathing audit of tens of millions of dollars in spending on Spence's Attawapiskat reserve, a troubled community on the shores of James Bay in northern Ontario.

The audit details an absence of basic accounting by the band

council and ongoing indifference by federal government departments.

Spence's release called the leaked audit "no more than a distraction of the true issue ... to discredit Chief Spence, who is willing to lay down her life for a larger cause."

THE CANADIAN PRESS

## Political ploy?

The Deloitte audit catalogues more than \$109 million in spending over almost seven years, much of it poorly documented, undocumented or questionable.

## Ouster trial. Rob Ford portrayed by lawyer as a 'plain and honest' man

Rob Ford's fate as mayor of Toronto rested in the hands of three judges Monday after a day of largely technical arguments for and against a court ruling that he should be removed from office for conflict-of-interest violations.

The mayor's lawyer told the Divisional Court panel that Ford was an open and honest politician ordered to forfeit his job by a judge who had misinterpreted the law.

Ford's opponents countered that the mayor had deliberately flouted conflict-of-interest rules, and the judge's ruling requires deference as long as it was reasonable.

In calling for Divisional Court to overturn Ford's ouster, lawyer Alan Lenczner said there never was any case against the mayor.

Ford, Lenczner said, gained no financial benefit from fundraising for his private football foundation and was upfront when he spoke during a council vote that he was only trying to help disadvantaged youth.

"He was perfectly plain and honest," Lenczner told a jammed courtroom. "This



Toronto Mayor Rob Ford leaves a courtroom on Monday as he appeals an earlier decision to remove him from office. CHRIS YOUNG/THE CANADIAN PRESS

is the hallmark of an honest man."

In November, Ontario Superior Justice Charles Hackland ordered Ford removed as mayor for taking part in the vote on whether he should repay \$3,150 raised for the foundation. The ruling was put on hold pending Ford's appeal.

For his part, Lenczner said the mayor could not have been expected to understand the legal intricacies at play.

"Mr. Ford is a high school graduate," the lawyer told the court. THE CANADIAN PRESS



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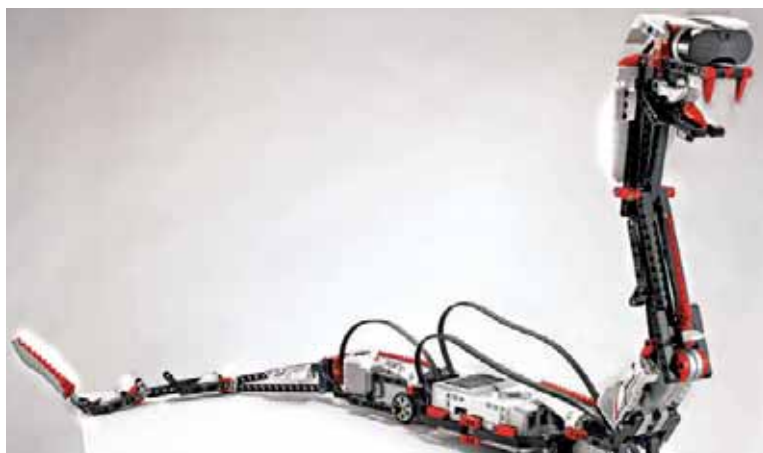
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## Sssssweet! This snake can talk to your iPhone

Meet Reptar, a slithering high-tech snake that's one of 17 robots that can be built with the new Lego Mindstorms EV3 platform, a \$350 US kit that was unveiled on Monday at the International Consumer Electronics Show in Las Vegas. The robots will have the ability to talk to iPhones, iPads and iPod Touches through Bluetooth wireless connections. LEGO/THE ASSOCIATED PRESS

### Passenger traffic

## Air Canada, WestJet report record load factors

Canada's major airlines enjoyed healthy passenger demand heading into 2013 as they reported record

load factors for December, carrying substantially more passengers with modest increases to capacity.

Analysts monitor load factor as a measure of how much total fleet capacity is used by an airline to carry passengers.

WestJet said its load

factor for December hit a record 81.9 per cent while Air Canada hit record load factors for the month and the year.

Air Canada said its load factor rose to 82.1 per cent in December while the full-year number was 82.7 per cent, up 1.1 points in each case. **THE CANADIAN PRESS**

2012 Hfx No. 405247  
SUPREME COURT OF NOVA SCOTIA  
BETWEEN:  
THE TORONTO-DOMINION BANK,  
one of Canada's Chartered Banks  
PLAINTIFF  
-and-  
SALYZYN & ASSOCIATES LIMITED,  
as Trustee in Bankruptcy  
for Deborah Anne MacDonald  
DEFENDANT

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18 Martin Lake Drive, Lake Echo, Nova Scotia,  
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the *Land Registration Act*

A copy of the description of the property, as  
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the Sheriff's office and may be inspected during  
business hours.

**Date of Sale:** Friday, January 11, 2013  
**Time of Sale:** 12:30 p.m.  
**Place of Sale:** Halifax Justice Centre,  
1815 Upper Water Street,  
Halifax, Nova Scotia

**Terms:** 10% deposit (payable by cash, certified  
cheque or Solicitor's trust cheque) at the  
time of sale, remainder within 15 days  
upon delivery of deed.

Dated at Halifax, Nova Scotia, the 13<sup>th</sup> day of  
November, 2012.

Peter Legere  
Sheriff in and for the County of Halifax

Nicholas C.G. Mott  
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# Wanted: One hotshot new central banker (nerves of steel req'd)

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If you can shape global economic policy, keep inflation in check and manage the loonie, you too could be the next BoC governor



Bank of Canada governor Mark Carney is leaving in June to lead the Bank of England. Do you have what it takes to replace him? GETTY IMAGES FILE

### By the numbers

## \$431,800

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between \$431,800 and \$507,900, plus pension, health and dental benefits.

persuasion, and you have the courage to take a stand to support principles and policies," the ad says.

"The credibility of the Governor is key to establishing the confidence of the financial community, the business media and ultimately the general public," the ad concludes.

Interestingly, the ad also says the candidate must be a Canadian citizen. That appears to rule out an international swap for Carney, who is leaving in June to become governor of the Bank of England.

Carney was named to the job in England on Nov. 26, an announcement that shocked and surprised the English.

The final hiring decision will be made by the independent directors of the central bank, subject to the approval of the minister of finance and the federal cabinet.

**TORSTAR NEWS SERVICE**

Psst. Want to be the next governor of the Bank of Canada? An executive search firm has posted an ad for the position on the central bank's website.

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between \$431,800 and \$507,900 plus pension, health and dental benefits.

But the ad does outline an impressive list of criteria.

Quite apart from the daunting task of succeeding the current governor, Mark Carney, who is seen as something of an international financial superstar, the job is not for the faint of heart.

Carney's resumé, for example, includes a doctorate in economics from Oxford University, 13 years with Goldman Sachs and a stint as a senior official in the federal finance department.

His successor must be capable of running an institu-

tion that helps shape global economic policy, keep Canada's inflation rate in check and maintain integrity in the value of the loonie, says the ad posted by Odgers Berndtson.

The right candidate must also be able to shape the culture and values of a "knowledge intensive" organization, have unquestioned technical competence and be an exceptional communicator, in both official languages.

"Your leadership style is characterized by a personal inclination to lead through

### Safety measures

## U.S. agency wants electric, hybrid cars to make noise

The U.S. government wants electric and hybrid vehicles to make noise when travelling under 18 miles per hour (about 29 kilometres per hour), so pedestrians can hear them coming. The National Highway Traffic Safety Administration says the cars don't make enough noise at low speeds to warn walkers, bicyclists and the visually impaired.

**THE ASSOCIATED PRESS**

### Dawg Grog

## Beer fan makes brew for dogs

An Oregon man who loves beer and his dog has concocted some hooch for the pooch. Daniel Keeton calls his canine creation Dawg Grog, though there's no alcohol in the doggie brew. Ingredients include vegetable broth and spent grain. **THE ASSOCIATED PRESS**

## Private space travel. New Mexico suppliers lobby for protection from possible tourist lawsuits

Spaceport America officials are urging legislators to limit potential lawsuits from wealthy outer-space tourists who take off from New Mexico, saying such a bill is crucial to the future of the project.

Legal experts, however, say there is no way to know whether the so-called informed-consent laws will offer any protection to spacecraft operators and suppliers in the event something goes wrong.

"Since this has never happened yet, we have no precedent," said Joanne Irene Gabrynowicz, director of the space law program at the University of Mississippi.

Such measures are being

pushed by states trying to compete in the fledgling commercial space-travel arena, and Spaceport America officials say New Mexico risks losing out on a project that was intended to boost the economy in the mostly rural state.

They say New Mexico needs to pass a bill to retain anchor tenant Virgin Galactic and to recruit new space business to the state.

At issue is liability for passengers who pay to take spaceflights — such as those planned by Richard Branson's Virgin Galactic for \$200,000 US a head — from the spaceport near the city of Truth or Consequences.

**THE ASSOCIATED PRESS**

### Market Minute

**DOLLAR**  
101.45¢  
(+0.14¢)

**Natural gas:** \$3.27 US (-2¢)  
**Dow Jones:** 13,384.29 (-50.92)

**TSX**  
12,499.55 (-41.26)

**OIL**  
\$93.19 US (+10¢)

**GOLD**  
\$1,646.30 US (-\$2.60)



# SAY 'I DO' TO THESE UNIQUE WEDDING TRENDS



**SHE SAYS...**  
Jessica Napier  
metronews.ca/voices/  
she-says

The holiday season is over, which means that the wedding-planning season has officially begun. With most couples walking down the aisle during the spring and summer months,

many are starting to make plans for their upcoming nuptials. From the cheesy first dance to the bouquet toss, most weddings tend to feel like the same thing over and over again. "No matter how unique a couple wants to be, there are still certain traditions they'll want to honour," says Four Weddings Canada producer Marnie Sugarman, who has overseen more than 100 weddings while working on the reality show in which brides attend and judge each other's weddings to compete for a dream honeymoon.

So how can couples make their special day stand out among the cookie-cutter ceremonies? Skip the tacky convention-centre bridal shows (where good taste goes to die) and consider these five hot wedding trends for 2013.

## Guest ye be judged

**Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut.**

**You are cordially uninvited:** Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut. Yes believe it or not, couples are actually spending hundreds of dollars on stationery and calligraphy fees to reach out to the people they don't like enough to put on the guest list.

**Ditch the white dress:** Let's face it: Most of us aren't fooling anyone in those virginal white dresses anymore. If you're both in your late 20s or older and have been living together for a few years, it's safe to assume that people know you aren't saving it for marriage. So why stick with the oh-so-chaste plain white dress? Opt for an unconventional shade such as soft pink or yellow, which Sugarman says are becoming increasingly popular.

**Churches are so over:** From art galleries to high-end furniture stores, many couples are seeking out unique venues to exchange their vows. Also, anyone on Pinterest knows that banquet-hall receptions are out and adorably twee barnyard hoedowns are in.

**Make your Big Day a small affair:**

The couples on Four Weddings

Canada spent an average of

\$31,625 on their weddings.

With that kind of money

you could buy a brand new

Mini Cooper convertible,

finance two years of

university education

or put a down payment

on a house. So instead

of donning a haute

couture blush-pink gown

and dancing down the

aisle in an airplane hangar,

you could just pop some

champagne while signing

the papers at city hall

and save yourself a whole

lot of money.

Let your gown do the

blushing for you.

PASCAL LE SEGRETAIR/  
GETTY IMAGES

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# So many worlds of possibility



HARVARD-SMITHSONIAN CENTER FOR ASTROPHYSICS/THE ASSOCIATED PRESS

## Goldilocks mission

### Spacecraft spots billions of Earth-sized planets

This artist rendering released Monday by Harvard-Smithsonian Center for Astrophysics shows the different types of planets in our Milky Way galaxy detected by NASA's Kepler spacecraft.

THE ASSOCIATED PRESS

## Not too hot, not too cold

### 17B

A new estimate presented at the American Astronomical Society suggests that the Milky Way galaxy is home to at least 17 billion planets similar in size to Earth.

It doesn't mean all are potentially habitable, but the sheer number is a welcome starting point in the search for worlds like our own.

Scientists have yet to find a twin Earth — one that's not only the right size but also located in a zone that's not too hot and not too cold where water might exist in liquid form.

## Search for just-right twin

- Two independent groups came up with the new estimate after a fresh analysis of data gathered by NASA's Kepler spacecraft, launched in 2009 to track down other Earths. The craft spots a planet when it passes in front of the planet's star.
- One team led by Francois Fressin of the Harvard-Smithsonian Center for

Astrophysics estimated at least one in six stars has an Earth-size planet orbiting it.

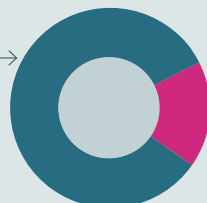
- Using a different method, researchers at the University of California, Berkeley and University of Hawaii determined 17 per cent of stars host planets that are one to two times the diameter of Earth.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

### Canada is the guinea pig for Facebook's new VoIP service. Will you be answering the call?

83%  
NO. I ALREADY HAVE SKYPE, FACETIME AND A PHONE PLAN.



17%  
YES. I WANT TO INSTANTLY AND LITERALLY CALL PEOPLE ON THEIR BAD STATUS UPDATES.



## Twitter

**@zeonionbebe:** #backtoreality school is in again. while I will deeply miss sleeping in, I can't wait to get my co-op job!!! Lets do this. @MSVU\_Halifax

**@itscran:** Nothing says halifax like being ridiculously hungover on the first day of class

**@raeganboucher:** Sidewalk maintenance in the winter in Halifax is subpar. #getittogether #halifax

#perpetualpedestrian

**@HFX\_Lauren:** Working at the Hydrastone is going to take a small chunk out of my pay cheque, so many yummy places to go for lunch! #halifax

**@faitherinhicks:** I see lots of women walking around Halifax who dress how I'd like to look. But I can't figure out where they shop ...

It may have taken 113 days (and many broken hearts) but the NHL lockout has finally come to an end. While both sides finalize details, fervent fans must impatiently wait for the games to begin. In the meantime, Metro presents five songs to get you back in the mood for hockey:

STEVE GOW  
scene@metronews.ca

### Time to Go, Dropkick Murphys

No other song so brilliantly highlights the anticipation of the strike's end. Dropkick Murphys, hockey enthusiasts themselves, wrote this tune as a Bruins fight song. But its spirited chant "drop the puck, it's time to go" surely speaks to all fans eager for the return of their favourite sport.

### 50 Mission Cap, The Tragically Hip

50 Mission Cap may be specifically about hockey hero Bill Barilko and his mysterious disappearance after leading the Maple Leafs to a Stanley Cup, but the Tragically Hip's hockey hit also speaks to a simpler, nostalgic period of the sport's history.

### The Hockey Song, Stompin' Tom Connors

Stompin' Tom Connors' 1973 classic has become synonymous with the sport. Not only is it played at every NHL game, but its chorus blurts out "the best game you can name is the good ol' hockey game" and that's gospel for many Canadians.

### Big League, Tom Cochrane

A song about a player whose promising hockey greatness was cut short by a car wreck, Tom Cochrane himself admits he's as proud of his 1988 hit "as anything I've ever written." Pure Canadiana, its spirit mirrors the passion of the fans.

### Hit Somebody (The Hockey Song), Warren Zevon

Warren Zevon may be best known for Werewolves of London, but this quirky 2002 song about a young, talentless goon passionate to score just one goal instead of fight should be a reminder to NHLers how lucky they are to play.

## How Nelly got her groove back

### Spirit Indestructible.

Singer dug deep into her past to inspire her on her new album — her first English effort in six years

IAN GORMELY  
scene@metronews.ca

Nelly Furtado's latest album, *Spirit Indestructible*, saw release back in September, but the Victoria singer is only now hitting the road to promote the release.

The delayed trip, which includes a string of Canadian dates, is in keeping with the drawn out creative process

behind the record, her first English language effort in six years.

"It took two or three years for me to put forth what I really wanted to say on the album," she says.

After releasing a Spanish-language album on her own NelStar label in 2009 and overseeing Toronto singer-songwriter Dylan Murray's debut for the fledgling company, Furtado found it difficult to rediscover the groove that had helped produce massive hits like *I'm Like a Bird* and *Promiscuous*.

But Furtado's material soon took on a nostalgic tone as she began digging through her past for inspiration. Rodney "Darkchild" Jerkins, who produced the majority of the



Nelly Furtado is hitting the road to promote her new album, *Spirit Indestructible*, released in September. GETTY IMAGES

album's dozen tracks, worked on many of the late-'90s R&B and hip-hop tracks Furtado grew up on.

The track *Big Hoops* even name-checks *No Diggity*, a 1996 hit by Blackstreet, an R&B group founded by Jerkins' mentor Teddy Riley. Yet the singer was oblivious to her producer's past until she found plaques commemorating his work with Aaliyah hanging in the studio hallway.

"I think that was why I was feeling so open and willing to write about stuff from the past in such a celebratory way," says Furtado. "There was a lot of serendipity going on."

Furtado describes the final product as "quite different" from her previous outings, combining the club

vibes of 2006's *Timbaland-assisted Loose with the folkier leanings of her first two records.*

Eclecticism, she says, has always been a big part of what she does. "It's very loud, abrasive, it's raw, and a little irreverent. I've been away for a while," she says.

"If I'm going to put something out I want it to be sonically creative."

Kara Highfield

WINTER 2013

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## Kutcher's relationship with Kunis has been one international adventure

Ashton Kutcher's jet-setting relationship with Mila Kunis continues. After hitting up Kutcher's hometown of Cedar Rapids, Iowa in late December, the pair reportedly spent the first weekend of the new year living it up in Rio de Janeiro, according to E! News. Kutcher and Kunis were

spotted at the restaurant Mr. Lam in the company of Brazilian TV host Luciano Huck and other pals. Since the former *That 70s Show* co-stars started dating last year, they've spent more time on the road than at home in L.A., it appears, with lengthy residences in New York City and Rome.

### Twitter



**@ParisHilton**

Spent the entire day going through all my closets again. My entire dining room is full of racks of clothes & boxes of handbags etc to donate



**@Sethrogen**

Abu Nazir's FaceTime works way better than my FaceTime ever has



**@TomArnold**

The more screwed up the person the more inspirational their tweets.



**@kirstiealley**

What would a spider eat if he lives in an empty cabinet under the sink in a guest bath? I'd like to give him a little help..what human food?



Claire Danes. ALL IMAGES GETTY

## Stay-at-home parenting not for Claire Danes

Though her first child is not even a month old, Homeland star Claire Danes is already making it clear she doesn't plan to be a stay-at-home mom. "I've always wanted to have kids, but I'm glad I didn't until now. When I was thinking about (working and being a mother) originally, I was really nervous about it," Danes tells *Elle* magazine. "I think I would make a lousy stay-at-home mom. It just wouldn't suit me. I feel so fortunate in that I've had this arrow-straight focus that I wanted to act." Danes and husband Hugh Dancy welcomed son Cyrus on Dec. 17.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Kanye and Kim say no to sale of first baby pics, who said yes?



**THE WORD**

Dorothy Robinson  
scene@metronews.ca

Upon the news that Kim Kardashian and Kanye West have already turned down a \$3 million paycheck for the pictures of their unborn child from an overseas tabloid, *The Word* thought it would be interesting to look at past celebrity baby reveals for ways they can promote Wee Little West.

Selling out (or not) to the highest bidder.

• Brad Pitt and Angelina Jolie are No. 1 in raking in



cash from their offspring. In 2006, they got \$4.1 million for pictures of their first biological daughter, Shiloh, and a whopping \$14 million for their twins, Knox Leon and Vivienne Marcheline, in 2008. However, the couple used the payday for good — they donated the millions to charity.

• J.Lo & Marc Anthony pocketed a reported \$6 million from *People* magazine for the rights to publish pictures of their twins, Emme Maribel

Muñiz and Maximilian "Max" David Muñiz, in 2008.

• Christina Aguilera received a reported \$1.5 million for her baby photos of son Max from *People* magazine in 2008.

• Beyoncé and Jay-Z eschewed a big pay day and instead released photos of their daughter Blue Ivy to the public via Tumblr with the statement, "We welcome you to share in our joy. Thank you for respecting our privacy during this beautiful time in our lives. The Carter family."

• And of course, they could always not release photos of their baby and enjoy the time privately (editor's note: hahahahahahahahaha!). Some big stars who haven't publicized their recent babies are Adele, The Beckhams, Ben Affleck and Jennifer Gardner, Anna Paquin and Stephen Moyer.

## Bieber dedicates latest inking to Grampa



Justin Bieber

Justin Bieber's tattoo obsession continues, with the 18-year-old Canadian pop star debuting yet another patch of ink via his Instagram account earlier this week. The piece, a profile of a Native American chief, is the logo for the Stratford Cullitons junior ice hockey team. "My grandfather always took me to the Stratford Culliton every Friday night," Bieber posted along with the photo. "This is for (you), Grampa." Last week, Bieber also had a session to add embellishments to an existing tattoo of praying hands on his lower leg.



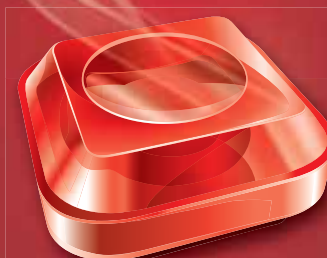
Courtney Cox and David Arquette

## Arquette still Cox's 'best friend' despite divorce

Courtney Cox and David Arquette definitely win the award for most amicable divorce, as the *Cougar Town* star insists to *Ellen DeGeneres* that Arquette is still her best friend. "I appreciate David more now than I ever did," Cox says. "I mean, it's hard. I don't recom-

mend divorce in general, but you know, he is my best friend and we've both grown and changed and I think we both appreciate each other more. I hope he does. I do." The pair separated in 2011 and filed for divorce in June but remain active parts of each other's lives.

# Weather your cold.



We'll all feel better.

For the temporary relief of cough. Always read and follow the label.

Hands up everyone who plans to start the new year with a resolution about weight. Yup, that's a lot of hands. As everyone who has ever tried to lose weight knows it's not easy. With the help of Dr. Yoni Freedhoff, an Ottawa-based weight loss expert, and Dr. Arya Sharma, who holds a chair in obesity research and management at the University of Alberta, we're going to tell you about five ways to cut weight.

THE CANADIAN PRESS



### Watch what you drink

Cut the calories you drink. Yes, drink. People routinely forget about the calories in the fluids they imbibe, be it fruit juices, specialty coffees or alcohol, the doctors say. Unlike solid snacks, liquid calories don't fill you up. They don't trigger the brain's impulse to compensate by eating less later.

## 5 ways to cut weight

### Make good decisions

Focus on behaviours, not pounds. Your weight is where it is because of your habits. Maybe you snack in front of the TV at night or you give yourself a free pass when you eat out — and you eat out a lot. Grappling with those habits is what you have to do to make inroads on weight control, Sharma says.



### Sleep in, lose weight

Get more sleep. The scientific evidence is piling up that society's sleep deficit is contributing to the obesity epidemic. Study after study shows a link between too little sleep and weight gain. In part it's an issue of opportunity: A sleeping person can't eat. Put another way, the more time you are awake, the more opportunity you have to consume calories.



### Don't let it come back

Assess the livability of your approach. Unless you're a lucky person who only needs to shed a couple of pounds gained on a cruise or over Christmas, if you want to lose weight chances are weight control is going to be an ongoing part of your life. So going on a drastic diet may shed the excess weight. But if you ease up, it's going to come back. "The idea that 'I'm just going to do something for a couple of weeks and lose weight' — you're just setting yourself up for failure. That weight is going to come back," Sharma says.

### Take the pledge

Set realistic goals. You're not a runner but you decide your path to your ideal weight is by becoming a marathoner. Or you pledge to spend 90 minutes at the gym every day when you currently get there three or four times a month. "I think people should take small steps that are sustainable," Freedhoff says.



## Forget eating small portions, stick to a schedule

**New study.** B.C. scientist finds that insulin levels tied to eating regularly, destroys conventional wisdom on food

CELIA MILNE  
wellness@metronews.ca

Ignore hunger and eat at scheduled times.

That's the advice of a B.C. scientist who unexpectedly discovered that having low insulin levels prevents weight gain.

His research topples advice to eat small amounts regularly throughout the day.

"I think it's important to eat at defined meal times, which means sometimes waiting that last hour for dinner with a bit of hunger, rather than having an unhealthy snack," says Dr. James Johnson, an associate professor of cellular and physiological sciences at the University of British Columbia.

In an experiment, Johnson and colleagues fed a high-fat diet to two groups of mice. One group of mice had a normal amount of insulin and the other was bred to have half that amount.

The normal mice became fat.

The low-insulin mice were protected from weight gain because their fat cells burned more energy.

The study was published in Cell Metabolism.

"We concluded that high levels of circulating insulin are required for weight gain in mammals," Johnson told Metro.

"Previously, this had not been shown directly, although multiple lines of circumstantial evidence had supported the idea."

Too little insulin can trigger diabetes, so there has to be a happy medium, he adds.



Even if you're hungry, it's not necessarily food o'clock. ISTOCK PHOTOS

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# Sandwich so good it might make you rethink meat



**ROSE REISMAN**  
for more, visit  
roseresman.com

After tasting this sandwich you might decide to go vegetarian! The grilled vegetables, pesto, and brie are a sensational combination. And, yes, you can enjoy brie when you're eating light — just watch the amounts.

For the rolls, I like to use either focaccia or sourdough rolls.

If using store-bought pesto, remember it is higher in fat and calories than my homemade version; use a smaller amount or thin it out with a bit of water.

1. Preheat oven to 425 F. Line a rimmed baking sheet with foil.

2. Place onion, red pepper, mushroom and zucchini on the prepared baking sheet. Spray lightly with cooking oil. Roast vegetables, turning once, for 25 to 30 minutes or until tender. Remove and allow to cool.

3. For the pesto, place all basil



This recipe serves eight. PER KRISTIANSEN, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

leaves, Parmesan, pine nuts, cream cheese, garlic, stock, and olive oil in the bowl of a small food processor and purée until smooth.

4. Combine 2 tbsp pesto and sour cream in a small bowl.

5. Cut roasted vegetables into pieces that fit the shape of the bread. Place in a bowl and toss with the oil, vinegar and garlic.

6. Spread the pesto mixture over the bottom half of each roll. Top with the vegetable

mixture and brie. Replace the top half of the roll and cut in half to serve. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**  
BY ROSE REISMAN

## Ingredients

- 1/2 large red onion, sliced
- 1 red bell pepper, cut in 8 wedges
- 1 large portobello mushroom, thickly sliced
- 1 zucchini, cut in 3 slices lengthwise
- 2 tbsp basil pesto sauce
- 2 tbsp low-fat sour cream
- 1 tbsp olive oil
- 2 tsp balsamic vinegar
- 1/2 tsp minced fresh garlic
- 4 large rolls (each 3 1/2 oz), split
- 2 oz brie cheese, thinly sliced
- **Basil Pesto Sauce (Makes 3/4 cup)**
- 1 cup fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 tbsp chicken stock or water
- 2 tbsp olive oil

## Health Solutions

### High water content



**NUTRI-BITES**  
Theresa Albert, DHN, RNCP  
myfriendinfood.com

Canadian winters are parching because the heated indoor air is as dry as the desert. The double downside is that when you catch a bug, your need for liquids goes even higher.

Your hair, skin and lips show it on the outside, but the inside is crawling toward the oasis too.

Drinking your eight glasses a day is a bit of a myth, given that the foods you eat provide lots of water as well.

Increasing the high water choices helps beat dehydration with the added bonus of filling you up and preventing

hunger. Choose wisely from this list of low cal/high water foods.

- **Watermelon**
- **Oranges/lemons**
- **Kiwi**
- **Berries**
- **Apples/pears**
- **Yogurt**
- **Leafy Greens: iceberg, romaine, kale, spinach, collards**
- **Tomatoes**
- **Cucumbers**
- **Celery**
- **Cabbage**
- **Broccoli**
- **Low sodium broth soups**

Of course, there is always a nice big bottle of sparkling water on your desk in the a.m. that must be finished by the end of the day.

That's the best cue to making sure you are getting enough. You will know by the colour of your urine, the lighter and clearer the better. **THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



# Weather your cold.

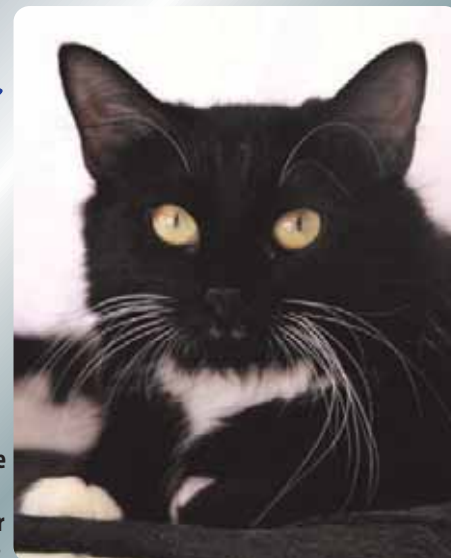


We'll all feel better.

For the temporary relief of cough. Always read and follow the label.

## Lindsay Domestic Short Hair

Lindsay is approximately one year old and came to us as a stray 'momma' cat. After spending some time in foster care, she is ready for her forever home. She prefers a home without dogs, but can get along well with other cats. Lindsay is regal and elegant and although she doesn't beg for attention, appreciates if you stop and spend time with her. Please visit Lindsay today.



For more information on Lindsay and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# NEW YEAR'S RESOLUTIONS - HOW TO STICK TO THEM

New Year's resolutions doomed to fail? Bah humbug! You are 10 times more likely to self-change if you make a resolution than making no promise at all, research says.

## RESOLUTIONS DROPPED OVER TIME, BUT THEY'RE BETTER THAN NOTHING!

Psychologists from University of Scranton found that success at New Year's resolutions drops over time...



...but people who want self-change but made no resolutions fared 10 times worse.



## HOW TO STICK TO YOUR NEW YEAR'S RESOLUTIONS...

as told by John Norcross, psychologist and author of new book *Changeology: 5 Steps to Realizing Your Goals and Resolutions*



### START BEFORE YOU REALLY START

It's better to ease your way into a resolution, so start practicing before your official start date.



### MAKE A PUBLIC COMMITMENT, AND BEWARE OF YOUR WILLPOWER

Success will depend on how public your commitment is, as other people can offer helpful support. If willpower is your only factor in keeping a resolution, you're more likely to fail.



### CREATE THE RIGHT ENVIRONMENT

Make small adjustments in your living environment — for example, remove temptations from your house or put Post-it notes as helpful reminders.



### THINK HAPPY THOUGHTS

If you feel guilty about a bad habit, you won't change, as guilt will turn into self-blame, and then into more wishing than action.



### REWARD YOURSELF

If you're trying a diet, reward yourself with a treat after a milestone date.

SOURCE: UNIVERSITY OF SCRANTON; JOHN NORCROSS; STICKK.COM; TEXT: ANTHONY JOHNSTON; GRAPHIC: MIA KUBAR; MNN

## APPY NEW YEAR! TOP 5 DESKTOP & SMARTPHONE APPS FOR NEW YEAR'S RESOLUTIONS



**MONINAVELARDE.COM/NEWYEARS**  
This website automatically generates resolution ideas if you are out of inspiration.



**STARTAREOLUTION.COM**  
Call it "resolution networking." Enter your resolution in the site and the person who joined ahead of you will be your coach.



**WEIGHTBOT**  
Here you can set your weight goal, record your weight, view your BMI, and see your progress on a nifty iPhone graph.



**QUITTER**  
This clever motivation iPhone app shows how far you've gone and how much money you've saved.

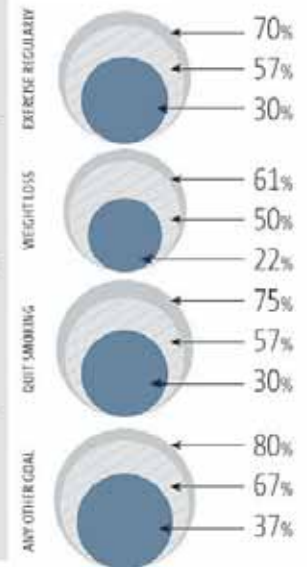


**DRINKTRACKER**  
This app keeps track of your drinking habit using your iPhone and tells you when you have drunk enough.

## LOSE WEIGHT OR PAY UP! SUCCESS RATES OF "CONTRACT WEBSITES"

StickK.com, a website created by Yale University economists, fines users \$20 a week who sign a 24-week resolution contract but don't live up to it. And the stats show that money talks.

WITH FINES  
WITH A "REFEREE" (MONITORS YOUR PROGRESS)  
NO FINES, NO REFEREE



## New year's resolutions worth thousands



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

Exhale a sigh of temporary fiscal relief — the holidays are finally over! Now it's time to deal with the financial aftermath of such a joyous, fun-filled and financially catastrophic holiday season.

If you're feeling maxed out and are dreading the delivery of your January credit card and bank account statements, you'll benefit from a New Year's Resolution which will save you thousands: a 2013 frugality diet.

Before you sell your worldly possessions to pay off your Best Buy loan, go Zen for just a moment. Take 10 deep breaths and know that you have the ability to reduce your monetary stress and grow your financial security. Join the ranks of thousands of North Americans that report feeling financially optimistic about 2013.

Start by determining your bottom line. Once you know where you stand, you can create a plan to grow

your net worth. Download your favourite net worth tracking tool to determine what you own and owe. ALL major banks have free online calculators, but if you want to build your own, simply total up your assets (own) and subtract your liabilities (owe).

Focus on the highest impact savings opportunities. If you've got two cars and could get by with one, sell the other. Rent out unoccupied space in your house. Start eating at home rather than buying food from restaurants. Become a smarter shopper using coupons, cutting back and buying items on sale. Sell household or personal items you could live without, like an extra television.

Face your debts head-on. On a spreadsheet, list who you owe money to, the interest rate and balance. Each month, pay a little extra on the highest interest debt until it's paid off. Then pay extra on the next highest interest debt. Remember, you'll have extra money from your previous debt's regular payment. DO NOT rack up additional debt while paying off the existing.

Retirement approaches fast and growing funds for the future is critical. Take advantage of employer sponsored retirement savings programs like pensions and RRSPs.

Live lean in 2013.

## Will debt settlement companies really solve your financial woes?

**Money.** Ontario joins other provinces aiming to regulate the operations of these companies



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

An Ottawa debt settlement company promised Holly Wang complete debt relief. The reality didn't live up to her expectations. The Kingston, Ont., nurse began the spiral into debt 15 years ago when she and her husband bought their first house. Twins and a divorce soon followed and her deadbeat husband made only sporadic child support payments.

"I was pretty depressed about it and got into gambling, which was the worst thing but at the time it seemed like a way out. I also bought lottery tickets almost every day."

As her debt situation worsened the stress made Wang sick and she was increas-



Any request for money up front is a red flag when looking for a debt settlement organization. ISTOCK IMAGES

ingly absent from her job as a nursing home supervisor. Her employer finally ran out of patience and let her go.

In desperation, Wang turned to a debt settlement company. She paid \$500 in up front fees then \$300 monthly into an account with the company. She was told to ignore her creditors until she had built up

sufficient funds to make a deal with them. In the end, only two of her seven creditors were willing to settle. She paid her money for nothing.

Wang's experience is all too common. "Essentially, debt settlement companies have charged huge fees, sometimes in the thousands, made broken promises to settle debts for

consumers and not followed through on their claims to be able to work with creditors," wrote Laurie Campbell, CEO of the not-for-profit charity, Credit Canada Debt Solutions (CCDS) in a recent blog.

On Friday, the Ontario government joined Alberta, Manitoba and Nova Scotia by introducing regulations to curb these companies, more than 20 of which operate in the province. Still at the proposal stage, the Ontario government is aiming to ban up-front fees, limit total fees collected, improve the transparency of contracts and allow a 10-day cooling off period.

Canadians in any province needing help with their debts should ensure the organization is a not-for-profit charity. Any request for money up front is a red flag, as are excessive promises to eliminate debt or settle with creditors for pennies on the dollar. Also, don't believe assurances that your credit score won't be affected.

If in doubt, contact CCDS (www.creditcanada.com), or other member agencies of the Canadian Association of Credit Counselling Services (caccs.ca).



# Mooseheads packing them in this season

**Crowd control.** Halifax averaging over 1,600 more people per game than last year



**PHILIP CROUCHER**  
philip.croucher@metronews.ca

It's not just the on-ice results that have the Halifax Mooseheads brass smiling these days.

The Canadian Hockey League's top-ranked team is also on the verge of breaking its average-attendance record this year, one set during the 1999-2000 season when Halifax hosted the Memorial Cup.

In that season, the Mooseheads averaged 8,453 fans per game. Through 20 home dates this season, the Mooseheads' average is 8,266 fans, or a difference of 167 per game.

But crowds usually go up in the second half, and with 12 of the team's remaining 14 home games happening on either a Friday, Saturday or Sunday, it seems likely a new record will be set.

"I certainly haven't seen it like this," said Brian Urquhart, the team's vice-president of business operations, who is in his 10th year with the club. "There are a lot of people engaged with the Mooseheads right now, which is great."

Looking at the game-by-game numbers this season, crowds at the Metro Centre have been nothing short of impressive. Only once has there been fewer than 6,000 people in the stands, and in three games, crowds have surpassed 10,000, including two sellouts of 10,595.

The team will also enjoy

## Quoted

**"We rarely sell out here, and to have two already, is huge."**

Brian Urquhart, Mooseheads vice-president of business operations

## Metro Centre

### More seats made available for Top Prospects Game

Hundreds of upper-bowl seats are being released Tuesday for the 2013 Home Hardware CHL/NHL Top Prospects Game taking place at the Metro Centre on Jan. 16.

The Halifax Mooseheads issued a release



Two young fans show their support and excitement for the Halifax Mooseheads during a recent home game. JEFF HARPER/METRO

several high-profile games in the final two months of the regular season, including Friday against Blainville-Boisbriand Armada at 7 p.m.

There are already over 7,000 tickets sold for that game against one of the QMJHL's elite clubs, and it will feature the return to the Mooseheads lineup of Nathan MacKinnon, Jonathan Drouin and Martin Frk, who were away at the world junior hockey championships.

"It's certainly been busy," Urquhart said about ticket demand this season. "You look at the playoffs (last year), and the fact the team is playing so well with our strong record, coupled with the fact we have some players that have garnered national media attention and are up for the NHL draft."

"Certainly all those factors have weighed in on the attendance and the engagement level of fans."

In addition to the Armada game, Halifax is also home this weekend to the Prince Edward Island Rocket, who visit the Metro Centre Saturday at 7 p.m.

## Attendance

A look at the Mooseheads' annual average attendance.

- 2012-13: 8,266 (through 20 of 34 home games)
- 2011-12: 6,608
- 2010-11: 5,331
- 2009-10: 5,506
- 2008-09: 6,684
- 2007-08: 7,556
- 2006-07: 7,340

- 2005-06: 7,720
- 2004-05: 7,816
- 2003-04: 7,601
- 2002-03: 7,601
- 2001-02: 7,421
- 2000-01: 7,411
- 1999-2000: 8,453
- 1994-1995 (Mooseheads inaugural season): 3,733

## Moose acquire young blue-liner from Foreurs

The Halifax Mooseheads made a big move Monday as the QMJHL's trade window wound down.

The Mooseheads acquired 17-year-old defenceman Matt Murphy and Sherbrooke's second-round pick in 2014 from the Val-d'Or Foreurs. In

return, Halifax ships blue-liner Randy Gazolla to the Foreurs, along with Quebec's first-round pick in 2014 and the Mooseheads' first-round pick in 2015.

Murphy, the fifth-overall pick of the Foreurs in the 2011 draft, the same draft that saw Nathan MacKinnon go No. 1

and Jonathan Drouin No. 2, had a goal and 24 points in 40 games this season. Like MacKinnon and Drouin, he also played for Team QMJHL in the 2012 Subway Super Series against Russia.

The QMJHL trade period ends Tuesday at 1 p.m. METRO

## NBA. Wizards find magic again vs. tough opponent

Bradley Beal made a jumper with 0.3 seconds left after using a pump fake to get open, and the short-handed Washington Wizards beat the Oklahoma City Thunder 101-99 Monday night.

Kevin Durant led Oklahoma City (26-8) with 29 points.

The Wizards (5-28), playing without their top two scorers, had lost 13 of their previous 14, but they also beat the Miami Heat earlier in the season. Beal and Martell Webster led the Washington with 22 points each.

Kevin Seraphin added 19

points, and Emeka Okafor had 12 points and 12 rebounds.

The Thunder missed 16 straight shots from midway through the third quarter to midway through the fourth quarter.

With John Wall, Trevor Booker and Cartier Martin also out, Washington had just nine players available.

Trevor Ariza, who missed the last 17 games with a left calf strain, returned. A.J. Price also returned Monday after missing 15 games with a broken right hand.

THE ASSOCIATED PRESS



## Crimson Tide roll over Irish

Amari Cooper of the Alabama Crimson Tide, left, scores a touchdown against the Notre Dame Fighting Irish during the 2013 Discover BCS National Championship game Monday in Miami Gardens, Fla. Alabama rolled to its second consecutive BCS championship, and third in four seasons, beating No. 1 Notre Dame 42-14.

STREETEY LECKA/GETTY IMAGES



Sidney Crosby skates with his Penguins teammates on Monday in Pittsburgh. GENE PUSKAR/THE ASSOCIATED PRESS

# Lockout needlessly drawn out, Sid says

**NHL.** Penguins star says breakdown of talks a month ago was a low point in career

### Quoted

**"I know we've all missed that competition and we've all kind of craved that. We're going to get a good dose of that early on."**

Sidney Crosby

Sidney Crosby says the prolonged NHL labour negotiations could have ended a month ago with what essentially was the same agreement that was reached over the weekend.

Crosby, long considered the face of the NHL, became the most visible face for the players during an early December negotiating session in New York in which some of the league's moderate owners, including the Penguins' Mario Lemieux and Ron Burkle, tried to break an impasse and reach a deal.

But just when it appeared significant progress had been made and an agreement might be imminent, negotiations were halted. That impasse heartened the Penguins' star, who was eager to play again after missing much of the previous two seasons dealing with multiple concussion layoffs.

Now that a deal is finally done, Crosby wonders why the extra month was needed.

"It's pretty close to what was there in New York," Crosby said

Monday after about a dozen Penguins practised on their own. "There's no great explanation for it. It's negotiations and, unfortunately, that's the way it goes. It's just an ugly thing to go through and I wouldn't recommend having to go through that again. It's difficult."

Penguins forward Craig Adams, extensively involved in the talks, backed Crosby's contention that the agreement took far longer to be completed than was necessary.

"Even though that week in New York ended badly, we still made a lot of progress, so I agree with Sid," Adams said. "That probably ended up laying the groundwork for what was the deal. And, yeah, it's frustrating we didn't get it done then and we could have taken four to five weeks off this lockout. But for whatever reason it didn't happen then, and here we are now."

Crosby said that breakdown was one of the low points of a career he is understandably impatient to resume. Because of concussion issues, he missed the entire second half of the 2010-11 season and another 60 games last season. In both seasons, the Penguins were ousted in the first round of the playoffs. **THE CANADIAN PRESS**

## NHL season looking likely to be 48 games



Senators Chris Phillips, left, and Daniel Alfredsson practise on Monday in Ottawa. Deputy commissioner Bill Daly says a 48-game season is most likely after the NHL ended its 113-day lockout early Sunday morning. SEAN KILPATRICK/THE CANADIAN PRESS

The timeline for the start of a shortened NHL season remained up in the air one day after the league and NHL Players' Association shook hands on a tentative deal to end the lockout. Deputy commissioner Bill Daly told The Canadian Press on Monday morning that hope for a 50-game schedule had already faded as the sides continued to finalize the memorandum of understanding their constituents will each vote on later in the week.

As a result, the league is likely to return with a 48-game season starting Jan. 19, assuming there are no major hiccups

before then.

"It depends on ratification timeline for PA, but it's looking more and more like 48 games is going to be the only option," Daly said in an email.

While there was no sense the deal was in peril, it was clearly taking the parties time to get everything down in writing. As of Monday night, they had yet to complete a memorandum of understanding which was likely to run over a couple hundred pages when completed.

That will have to happen before the league's Board of Governors convene on Wednesday afternoon to hold a ratifica-

tion vote. The union expected a ballot of 740 players to take until the weekend to carry out. While it had yet to officially schedule a window for an electronic vote, the NHLPA was contemplating one that would end at some point on Saturday.

Both sides need to get majority support to adopt the tentative deal they reached early Sunday morning following a marathon 16-hour negotiating session. Even after announcing the tentative agreement around 6 a.m., they went right back to work on the language of the new pension plan, one of the final hurdles in negotiations. **THE CANADIAN PRESS**

### Balancing act

The NHL played 48 games following the 1994-95 lockout with a balanced intra-conference schedule for what was then a 26-team league.

- It's going to be a little more complicated this time. The NHL plans to have teams play three games against the 10 opponents within the same conference but outside their division. They will then have an unbalanced schedule against division rivals, with five games against two teams and four against the two others, according to a source.





## Horoscopes

### Aries

March 21 - April 20

You could easily get the wrong end of the stick today and say or do something you regret. If you do make a mistake, don't make it worse by refusing to admit it. An apology now will save a lot of grief later.

### Taurus

April 21 - May 21

According to the planets, someone will try to mislead you today. No matter how reliable you think your sources may be, make sure they know what they are talking about. Get a second opinion if necessary.

### Gemini

May 22 - June 21

Don't change your plans just because you are having second thoughts about a joint enterprise of some kind. Everyone has doubts occasionally — yes, even a Gemini — so sleep on it before making a final decision.

### Cancer

June 22 - July 23

You may feel tied down by obligations but there is not much you can do about it, so be patient. If you give others the impression you would rather be somewhere else, they may pile more work on you.

### Leo

July 24 - Aug. 23

If you are not too careful, today's cosmic influences could loosen your tongue and encourage you to say things that should be kept under wraps. Remember, knowledge is power, and the less others know about you the better.

### Virgo

Aug. 24 - Sept. 23

You may do something silly over the next 24 hours but nothing bad will come of it. The best way to deal with embarrassing situations is to laugh at them. They're simply not worth losing sleep or friends over.

### Libra

Sept. 24 - Oct. 23

You may be tempted to rush things today, to get through your tasks in double quick time, but that would be a mistake. Take your time and make sure you do everything to your full ability. Expect the best of yourself.

### Scorpio

Oct. 24 - Nov. 22

You could be rather touchy today, and for no good reason, but that's OK. Everyone who knows you realizes that once in a while you slip into a bit of a funk. And those who don't know you will soon learn.

### Sagittarius

Nov. 23 - Dec. 21

Things are going well for you now but there is a danger you could be lulled into a false sense of security. On the money front, especially, you are advised to take nothing for granted. Don't give away anything for free.

### Capricorn

Dec. 22 - Jan. 20

Why are you so worried? What can possibly go wrong? The Sun in your sign indicates that no matter what you do today it will work out for the best, so get on with it and wipe that frown from your face.

### Aquarius

Jan. 21 - Feb. 19

When the Sun moves into your birth sign at the end of next week, your energy will return. But between now and then you are advised to take things easy, mentally and emotionally as well as physically. Pace yourself.

### Pisces

Feb. 20 - March 20

You are in one of your daydreamy moods at the moment and there is nothing wrong with that, but watch out you don't lose touch with reality completely. There are people out there who will take advantage. **SALLY BROMPTON**

## Crossword: Canada Across & Down

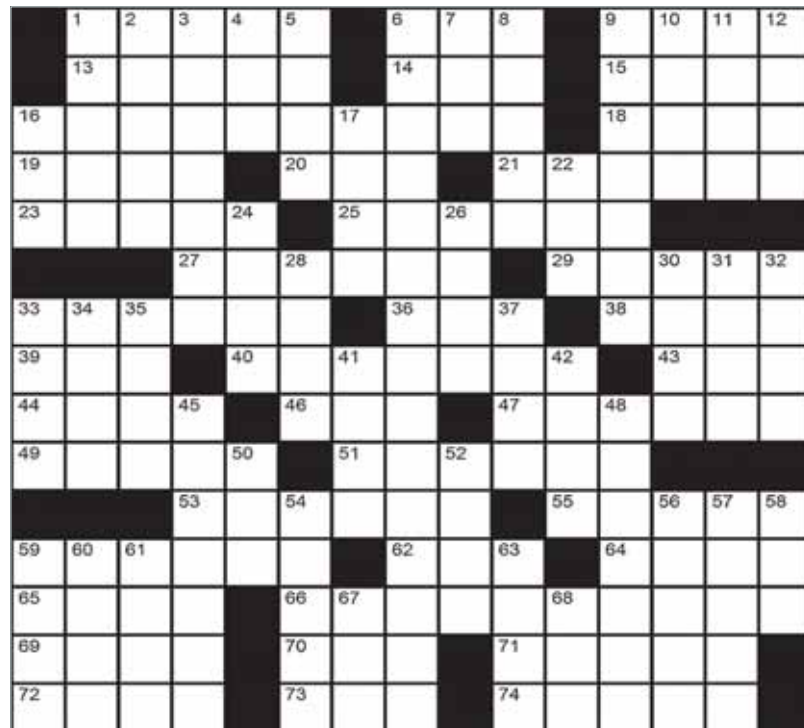
### Across

1. Rocker born Jan. 8th, 1935
6. "Brother Down" singer Mr. Roberts
9. Recipe meas.
13. Singer Bonnie
14. Pussycat Dolls hit: "Don't \_\_\_"
15. \_\_\_ National Park, BC
16. Current exhibit at #9-Down, Terrestrial \_\_\_
18. A&W \_\_\_ Beer
19. "...take \_\_\_ song and make it better."
20. For each
21. "Wild \_\_\_" by Gino Vannelli
23. Litigate again
25. Go "Achoo!"
27. Volcano opening
29. "I'm a \_\_\_ 4 U" by Britney Spears
33. Soup tidbit
36. Performed
38. Sci-Fi princess
39. Dublin, \_\_\_
40. Dressed like Dracula
43. CV
44. Actor Mr. Schreiber
46. Mr. Pacino's
47. Snappy reply
49. 'Sexiest Man Alive', Channing \_\_\_

51. Penitent person
53. Northwest Territories town
55. Some large cats
59. Canadian actor Mr. Garber of NBC's new drama "Deception"
62. Avril's follower
64. Bananas brand
65. Much: 2 wds.
66. Football-shaped "Family Guy" character: 2 wds.
69. Garage band's CD
70. Banqueted
71. Sir Newton
72. Paradise
73. \_\_\_'easter
74. Lightly fry

### Down

1. Clear
2. Sing-song sounds
3. Bridge with arches
4. 'Social' suffix

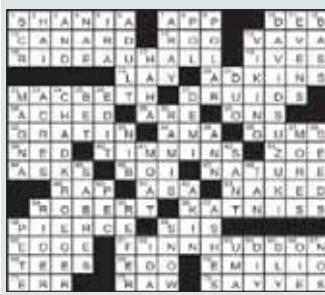


5. Supremes song starter!
6. \_\_\_, Beloved of the Sky (Emily Carr, oil on canvas, 1935): 3 wds.
7. Sushi tuna
8. Papier-\_\_\_
9. Royal \_\_\_ Museum (Fossils-viewing spot in Alberta's badlands)
10. Ghost cries
11. Pump or loafer
12. Cultivating containers
16. Golf standard
17. Soap brand
22. L'il weight units
24. Toronto-born actor Mr. Mc-

- Cormack
26. Mr. Estrada
28. Teatro \_\_\_ Scala; aka La Scala (Milan opera house)
30. Bubbly bar
31. Challenger
32. The \_\_\_ Coast
33. Lively tune
34. 'Crit' completer
35. Nair competitor
37. Actress Laura
41. Norwegian king, variantly
42. Meaningful
45. Louis \_\_\_ handbags

48. Past (and possibly future?) Prime Minister
50. Alphabetic trio
52. "No problem."
54. Country star Keith
56. Never Cry Wolf author Farley
57. Lewis Carroll character
58. Look
59. \_\_\_ mecum (Handbook)
60. \_\_\_ Orleans, QC
61. Order to Fido
63. Egyptian goddess
67. \_\_\_ Z
68. US airport screening org.

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



**Today**

2°/-5°  
Variable

**Wednesday**

1°/-3°  
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